



Thank you to our NHS HEROES

Keeping in touch with

# ‘NON-CONTACT’

one small  
positive thought  
can change your  
whole day

RESPONSIBLE	AMBITIOUS	HARD WORKING	RESILIENT
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Our responsibilities towards others



We all share responsibility for our planet and each other

# Weekly Worship

## We are St Catherine's College

There is a range of brief videos on the home page of our website (under Latest News) exploring what each of our values – **ambitious, hard working, resilient and responsible** - mean to us. Please take a look! <https://www.stcatherines.college/>

### This week's reflection: Responsibility

Jesus said, 'love your neighbour as yourself' (Mark 12:31).

Everyone wants to be treated as though they are loved; as though they matter. What we want, others want. Everyone, in all families, nations, races and cultures feels the same. We know how we want to be treated, so it is our responsibility to speak and act in a way that shows the same attitude towards others. It is our responsibility to love others in the same way that we want to be loved ourselves.

What are some of the big issues facing our world today and what practical responsibilities do you have to show you care?



## LIVE LESSONS FOR ALL

After the huge success of the launch of live lessons for Year 9 and Year 10 students, we are delighted to be delivering live lessons, starting Monday 29 June, to Year 7 and Year 8 students. Staff are really looking forward to having direct contact with their students.

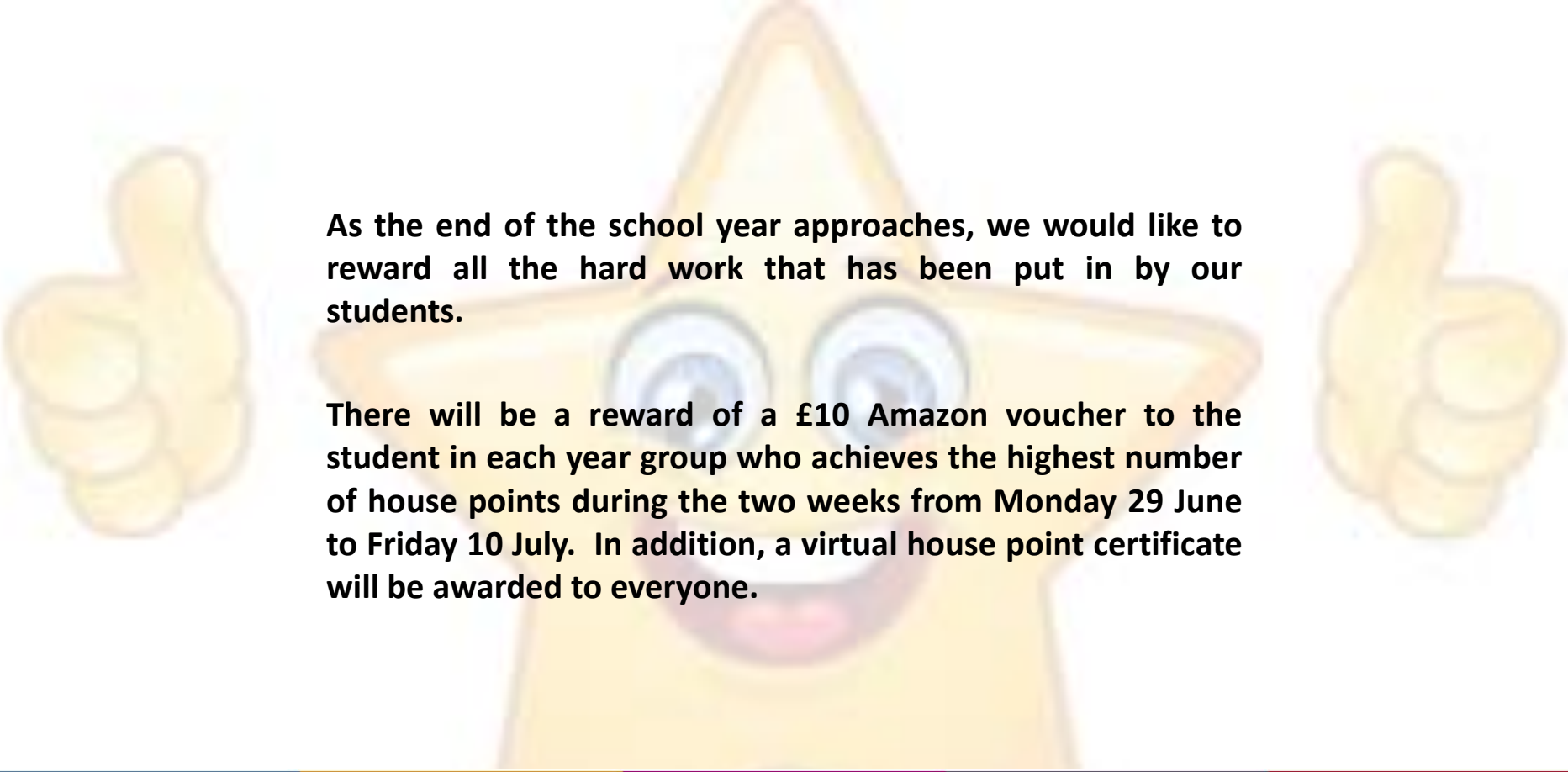
Pupil timetables on EduLink and Teams Calendar have been changed to reflect live lessons. For Year 8 and Year 7, the live lessons will be found under period 4 (start time 1.30pm) and period 5 (start time 2.30pm). Other lessons which appear on the timetable are for administrative purposes only.

Attendance and positive feedback for Year 9 and Year 10 lessons have been superb and we look forward to Year 7 and Year 8 engaging with the same enthusiasm.

Students should join the lessons using the calendar on Teams and come prepared with pen and paper.

It will great to hear and see all of our students next week!





**As the end of the school year approaches, we would like to reward all the hard work that has been put in by our students.**

**There will be a reward of a £10 Amazon voucher to the student in each year group who achieves the highest number of house points during the two weeks from Monday 29 June to Friday 10 July. In addition, a virtual house point certificate will be awarded to everyone.**





## LOCKDOWN LITERACY

A message from Ms Simpson:

I would like to say a massive thank you to all students and staff that have got involved with the literacy challenges! Special mentions to:

Farah Ahmed 7CSA

Teriza Waithaka 7SHA

Berrie Robertson 10KWA/MHA

Benji Scotcher 8SSI

Mia Spinks 8NBU

Breena Eggington 8JCL/HPE

Lucy Weston 8NBU

Mia Connor 8SBO

Rueben Thornett 8NBA (and little sister!)

Mrs Simpson, Ms Bawden, Miss Crilly, Mrs Pavey



# SHARE A STORY



## OUR CHALLENGE TO YOU!

email a teacher to tell them about a book you have enjoyed reading during lockdown – they will then choose a student to forward the email to, and tell them about a book of their choice.

Try and keep this going – the longest email chain will get a prize!

If you don't know your teacher's email address, you can send it to [ssimpson@stcatherines.college](mailto:ssimpson@stcatherines.college) with your teacher's name as the subject line.



**ST CATHERINE'S  
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Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.





# Visions of a world after COVID-19

## A COMPETITION FOR YEAR 9 AND 10 STUDENTS

This [competition](#), run by UCL openDemocracy, is open to **school students** (aged 14 and up) to share their vision of the future, with prizes of **£200, £100 or £50** in book tokens plus the chance for personal **mentoring** from the panel of some of the world's foremost thinkers as well as some fantastic **work experience** with either UCL or openDemocracy.

Entrants can submit either a written **article**, short **video** or **image** that describes their vision for the world after the coronavirus crisis has passed. [CLICK HERE](#) to enter.



## SOME WONDERFUL YEAR 7 PICASSO PORTRAITS AND PROPORTION WORK BELOW AND ON THE NEXT SLIDE

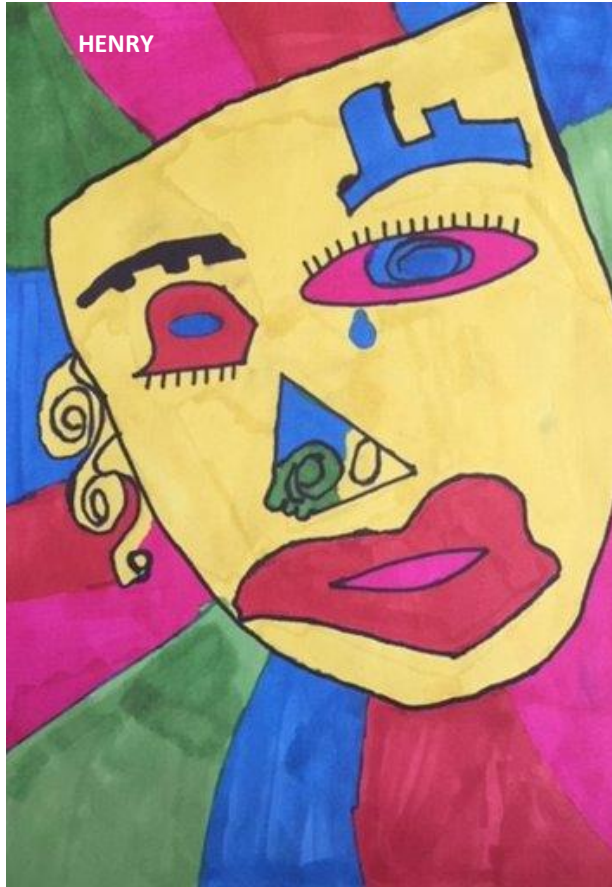




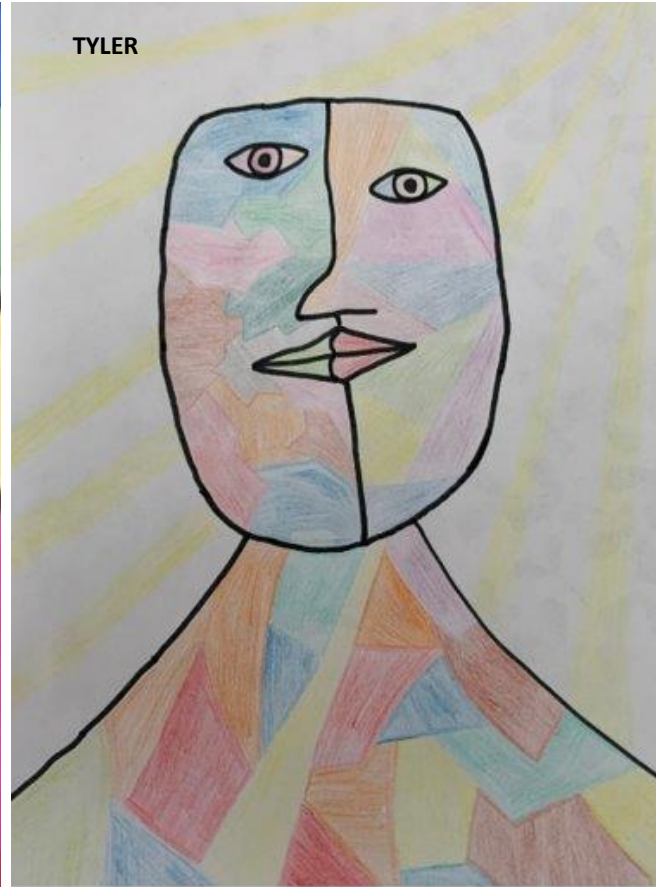
AGNES



HENRY

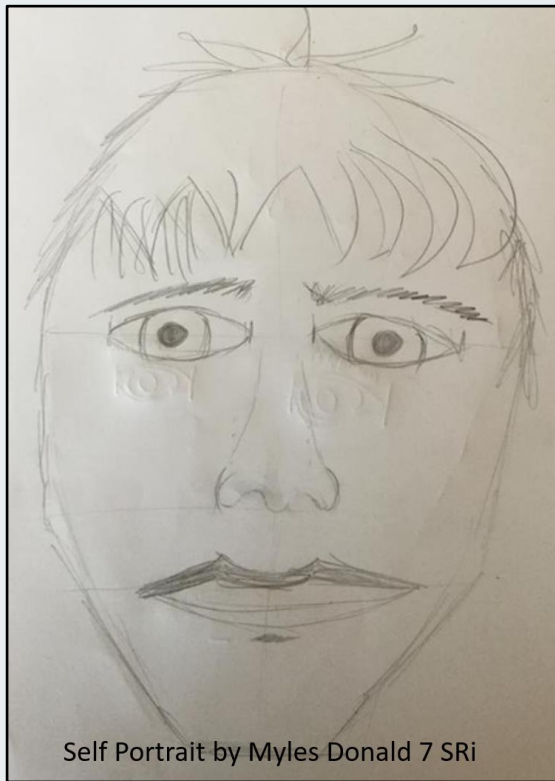


TYLER

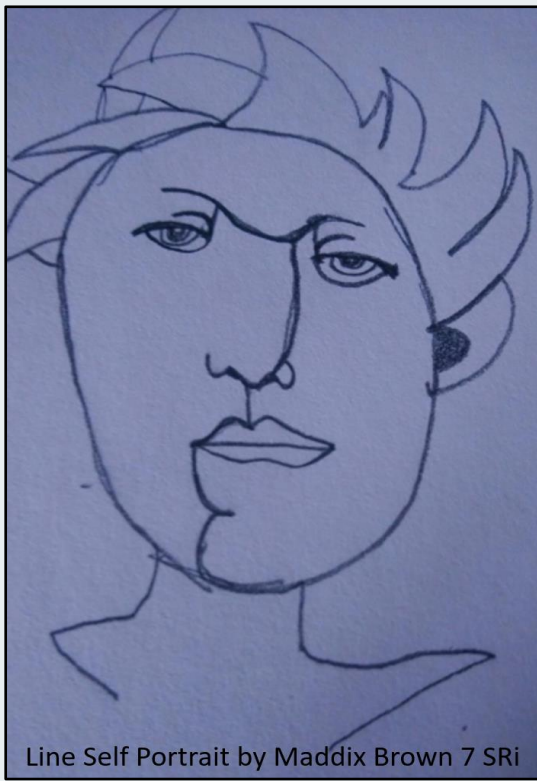




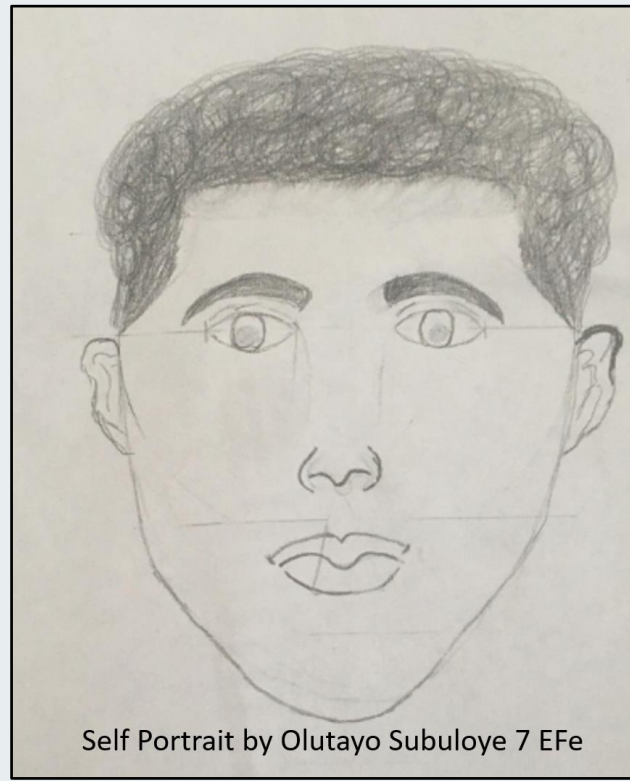
Here are some amazing self portraits created by Year 7 artists working from home.



Self Portrait by Myles Donald 7 SRi



Line Self Portrait by Maddix Brown 7 SRi



Self Portrait by Olutayo Subuloye 7 EFe



# THE ST CATHERINE'S COLLEGE CHALLENGE

Choose ONE of the following challenges:

## A CREATIVE PHOTO FAMILY OR FRIENDS' TIK TOK

The student who produces the best of the above will win a  
£10 Amazon voucher.

For your chance to win, please send a picture of your creation to Mr Watts at  
[lwatts@stcatherines.college](mailto:lwatts@stcatherines.college). The winner will be announced in our next bulletin.



And the winners of our last challenge are .....

Abigail Jones, Year 9



Luke Parker-Jones, Year 9



Both Abigail and Luke will receive a £10 Amazon voucher in the post for their marvellous creations. Well done!



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# MR WATTS' 30 DAY FITNESS CHALLENGE



<p>Do 10 star jumps.</p> <p><b>Day 1</b></p> 	<p>Hop around like a frog for 20 seconds.</p> <p><b>Day 2</b></p> 	<p>Touch your toes 10 times.</p> <p><b>Day 3</b></p> 	<p>Balance a ball on your head.</p> <p><b>Day 4</b></p> 	<p>Spin in a circle for 10 seconds.</p> <p><b>Day 5</b></p> 
<p>Walk like a crab for 1 minute.</p> <p><b>Day 6</b></p> 	<p>Stretch as high as you can.</p> <p><b>Day 7</b></p> 	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p><b>Day 8</b></p> 	<p>Pick up a ball from the floor without using your hands.</p> <p><b>Day 9</b></p> 	<p>Take 10 giant steps.</p> <p><b>Day 10</b></p> 
<p>Balance on one leg for 30 seconds.</p> <p><b>Day 11</b></p> 	<p>Do 6 cartwheels.</p> <p><b>Day 12</b></p> 	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p><b>Day 13</b></p> 	<p>Skip the rope for 1 minute.</p> <p><b>Day 14</b></p> 	<p>Make your own hopscotch. Play it for 1 minute.</p> <p><b>Day 15</b></p> 
<p>Stretch like a cat. Do it 5 times.</p> <p><b>Day 16</b></p> 	<p>Do an egg and spoon race with your sibling.</p> <p><b>Day 17</b></p> 	<p>Dance like a chicken for 1 minute.</p> <p><b>Day 18</b></p> 	<p>Walk backwards 10 steps and then skip back.</p> <p><b>Day 19</b></p> 	<p>Do 10 squats in 30 seconds.</p> <p><b>Day 20</b></p> 
<p>Wiggle like a worm for 20 seconds.</p> <p><b>Day 21</b></p> 	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p><b>Day 22</b></p> 	<p>Tiptoe for 25 seconds.</p> <p><b>Day 23</b></p> 	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p><b>Day 24</b></p> 	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p><b>Day 25</b></p> 
<p>Create your own obstacle course and time yourself doing it!</p> <p><b>Day 26</b></p> 	<p>Do gorilla shuffle for 15 seconds.</p> <p><b>Day 27</b></p> 	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p><b>Day 28</b></p> 	<p>Balance a book on your head for 15 seconds.</p> <p><b>Day 29</b></p> 	<p>Do 10 sit ups in one minute.</p> <p><b>Day 30</b></p> 



# CHANGE

A message from Mrs Poston:

A wise person once told me *'All change is difficult, even change for the better.'*

I have gone back to this phrase many times in my life. Next week in **Mindful Moments** we are going to be learning some strategies for coping with the changes around us to help us feel more peaceful.

Although lockdown is easing more all the time, we are still in the middle of change and will continue to see changes happen around us. Even positive changes such as going back to school or work can be scary.

It's important to remember, however, that *these fears, feelings and difficulties are not forever.*

Allowing oneself to **feel the feelings** and **talk through** these with someone (or write them out) are key to us adapting to the changes.

